



# SEASONED SWEET POTATO HASH

SERVINGS: 50 CALORIES: 113 KCAL

Bite size sweet potatoes are seasoned, mixed with onions and peppers and then roasted for half an hour this is a delicious side. This is a colorful, flavorful dish that is quick and easy to prepare.

## INGREDIENTS

11 pounds Sweet Potato, chunks, raw  
 1/2 cup Oil, olive, salad or cooking  
 1 large Onion, red (purple) raw  
 8 ounces Peppers, sweet, red, raw  
 8 ounces Peppers, sweet, green, raw  
 2 tablespoon Salt, kosher  
 2 tablespoons Pepper, black  
 2 tablespoons Onion powder  
 2 tablespoons Garlic, granulated  
 2 tablespoons Paprika  
 2 tablespoons Parsley, dried  
 2 tablespoons Chili powder

## INSTRUCTIONS

1. Preheat oven to 350F.  
Wash all produce.
2. Cut onion and peppers into thin strips. (julienne) Toss sweet potatoes chunks, onions, and peppers in oil. \*if using whole sweet potatoes, place in steamer for 5-10 minutes, just until easier to cut with knife into chunks
3. Combine seasonings and sprinkle over vegetables. Toss until coated.
4. Lay vegetables in one layer on a lined sheet pan. May need multiple sheet pans.
5. Roast for 30 minutes or until potato chunks are fork tender and reach an internal temperature of 135F.
6. Place potatoes in 2" deep steam table pans and hold at 135F until time of service.

## RECIPE NOTES

CCP: Hold for hot service at 135° F or higher

Serving size: 5/8 cup

**Crediting: 1/2 cup red/orange vegetable and 1/8 cup other vegetable**

## NUTRITION FACTS PER SERVING (5OUNCES)

Calories: 113 kcal | Fat: 2 g | Saturated fat: 0.5 g | Sodium: 330 mg | Carbohydrates: 22 g | Fiber: 4 g | Sugar: 4 g | Protein: 2 g | Calcium: 360 %

*This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.*